PLANT FACT SHEET

Parapolydora fastigiata (Oliv. et Hiern.) H. Rob.

GENUS *Parapolydora* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked and eaten as a potherb. They are also added to soups.

DESCRIPTION

A herb. It grows each year from seed. It has slender branches. These are spreading and slightly woody. It can grow up to about 1 m high. The leaves narrow towards the base. The tip is pointed. There are a few teeth along the edge. The lower leaves are sword shaped. They are 5 cm long by 1 cm wide. The upper leaves are more narrow. The flower heads are on slender stalks. They are purple.

HABITAT

A subtropical plant. In Swaziland it is in the low veld only. It grows in hot arid places. It grows between 3-1,800 m above sea level. It grows in well-drained soils. It can grow in arid places.

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